

Broccoli Cheese Bites



Serving size: 5

Nutrition Information:

17g carbohydrates
134 calories
4g fiber
4g fat
2g saturated fat
9g protein
39mg cholesterol
228mg sodium

Ingredients:

Cooking spray	1/3 cup reduced-fat shredded cheddar
2 heads broccoli, trimmed	1/3 cup bread crumbs
1 egg	1/2 cup onion chopped
1 egg white	1/8 tsp. ground black pepper

Directions:

1. Preheat the oven 400° F. Coat one baking sheet with cooking spray.
2. Steam the broccoli for approximately 10 to 12 minutes until soft. Set aside to cool (for about 10 minutes).
3. Add the broccoli and remaining ingredients to a blender or food processor and pulse to combine. (Do not overmix; the mixture should be slightly chunky, not a paste.) Let the mixture rest for 10 minutes.
4. After 10 minutes, stir it and drop by tablespoons onto the prepared baking sheet.
5. Lightly spray the top of each ball with cooking spray and bake for 15 minutes. Turn the pieces over and bake an additional 10 minutes, or until golden brown.

Chef Tip: Serve these broccoli bites with your favorite Greek yogurt dip.